

# Sons of Norway

## Polar Star Lodge 5-472

Meetings on the first Sunday of the month – Potluck at 1:30 p.m.  
St. Olaf Lutheran Church – Douglas Road, Montgomery, IL

### President's Message



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### Hilsen Polar Star Lodge!

It's that time again!!! Polar Star will be hosting our annual "Taste of Norway" Høstfest (Fall Festival) on November 3rd! We all look forward to enjoying traditional Norwegian food, music and culture demonstrations.

We hope to see all of you at our Lodge with your family and friends to enjoy the return of this special Lodge event.

Vi sees!

Your President  
Ken Johnson



Slooper shirts will be available for purchase at the "Taste of Norway" Fall Festival

### UPCOMING EVENTS

## Polar Star "Taste of Norway" HØSTFEST

November 3<sup>rd</sup>

11:30- 3:00

See page 2 & 4 for details

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Polar Star Newsletter Deadline  
Will be the 14<sup>th</sup> of every month. Please  
submit all articles to Barb Johnson at  
[barbjohnsonb@aol.com](mailto:barbjohnsonb@aol.com)

Follow us on facebook @

Sons of Norway – Polar Star Lodge

Norway Museum Website

[www.norskmuseum.org](http://www.norskmuseum.org).

Polar Star Website

[www.polarstarlodge.com](http://www.polarstarlodge.com)



**Polar Star Lodge "Taste of Norway"**  
**Høstfest – Fall Festival**  
**Sunday, November 3rd, 2024**  
**St. Olaf Lutheran Church – 1233 Douglas Ave.**



**Smørbrød**

Norwegian Open faced Sandwiches



Wow! What a great selection of Norwegian smørbrød and desserts!



**Lefse Demonstration**





# HØSTFEST WORKERS NEEDED

Please sign up to help with our Høstfest event that will be held November 5<sup>th</sup>, 2023.

**We are really in need of workers.**

## Work Crew

Saturday afternoon at 1:00 p.m. (November 2<sup>nd</sup>) set up help

Sunday workers (Nov. 5th)

Set up – 10:00

Kitchen Help any time between 11:00 - 3:00 p.m.

Food Servers from noon to 3:00 p.m.

Craft Table from noon to 3:00 p.m.

Krumkake and/or vafler demonstrators

Polar Star Loppemarked (Collectibles) noon to 3:00 p.m.

Clean up at 3:00 until we are done.

**Food:** We would like each member who is able to bring at least two dozen open-faced sandwiches (smørbrød), plus some Norwegian dessert(s). Here is a list of the dessert items that have been well received in the past:

Fruit Soup

Lefse (homemade only)

Julekake

Kringla

Eplekake

Kransekake

Bløtkake or other cream cakes

Lingonberry Bars and Cake

Almond Bars and Cake

Ice Cream with Lingonberries

Krumkake

Kardamom rolls/cake/cookies

Please **contact both** Barb and Nancy to let them know when you will be working and what you will be bringing so we can avoid last minute phone calls.

**Barb Johnson (630-632-2329 or email her at [barbijohnsonb@aol.com](mailto:barbijohnsonb@aol.com)**

**Nancy Andersen (640-377-2956 or email her at [nancyandarthur@comcast.net](mailto:nancyandarthur@comcast.net))** and let her know when you will be working or what you will be bringing so we can avoid last minute phone calls.

## Høstfest Schedule:

**11:30 Lunch is served and Market opens**

**1:00 President's Greeting**

**3:00 p.m clean up begins**

**Editor's note: run off page 4 and page 13 and use as a flier.**

**Post it on your social media or give it to a friend.**

# Sons of Norway – Polar Star Lodge – 5-472



## **“Taste of Norway” Høstfest – Fall Festival** **Sunday, November 3, 2023**

**St Olaf Lutheran Church – 1223 Douglas Ave.**  
**Noon- 3:00 p.m.**  
**Montgomery, IL**

- \*Taste Traditional Norwegian smørbrød (open faced sandwiches) and desserts**
- \*Listen to Norwegian Folk Music**
- \*Visit the Polar Star Loppemarked (Marketplace) and Bakeri (Bakery) with lefse and Norwegian cookie demonstrations.**
- \*Watch rosemaling and Hardanger Embroidery demonstrations**

Contact: Polar Star Cultural Director – Barb Johnson  
Email: [barbjohnsonb@aol.com](mailto:barbjohnsonb@aol.com) or by phone: 630-553-738



# Polar Star Culture Corner

by Barb Johnson

## Have YOU completed your 2024 Culture Goals???????

### How to Be A Viking

Just a reminder to keep working on your culture goals  
To earn the Polar Star 2024 Culture award...

1. Read three books about the Viking era.
2. Read one book of your choice on Norsk Mythology
3. Make a Viking era dish to share with our group and turn in the recipe
4. Listen and review three different Viking era instruments and music

Complete this form and return it Barb Johnson, Culture Director by December 31,  
2024.

Name: \_\_\_\_\_

A. What did you learn about the Vikings?

Book #1: \_\_\_\_\_ author \_\_\_\_\_

Book #2: \_\_\_\_\_ author \_\_\_\_\_

Book #3: \_\_\_\_\_ author \_\_\_\_\_

Which Book did you like the best? Write what you liked, a quote, a fact, a discovery, a meaningful passage etc.

B. What Norsk story or Myth did you learn about? What was the message?

Name of Book and author: \_\_\_\_\_

C. What Viking dish did you prepare? Be sure and attach your recipe

D. What instruments did you listen to? Which recording and/or performance did you like and why?

# POLAR STAR SPORTS AND ACTIVITES

BY JERRI LYNN BAKER

**SIGN UP EARLY FOR THE 2025 FUN WALK THAT  
WILL BE HELD DURING THE 2025 “CELEBRATING  
NORWEGIAN IMMIGRATION” CULTURE  
WEEKEND OCTOBER 3-5, 2025.**

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## **“Sluppen” Around Norway, II FUN WALK**

**October 4, 2025 – 9:30 a.m.**



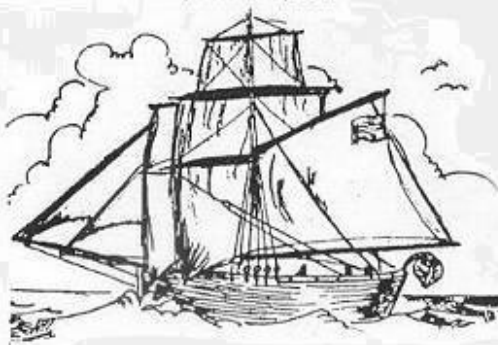
**This is an easy fun walk around Norway, Illinois to learn a little about the “Slooper” immigrants and the town of Norway, Illinois. All participants must register by June 30, 2025 to be eligible for any prizes or medals. The walk will be held “rain or shine**

**EDITOR’S NOTE: 2025 CULTURE WEEKEND REGISTRATION PACKETS WILL BE  
AVAILABLE BY NOVEMBER 3<sup>RD</sup> AND AVAILABLE AT HØSTFEST**

*The Norwegian*

SLOOPER SOCIETY OF AMERICA

The Norwegian Mayflower People  
Organized at the Ottawa Centennial, October 9, 1925



## 99<sup>TH</sup> ANNUAL MEETING HELD IN NORWAY, ILLINOIS



What a fun event on October 6<sup>th</sup>!!! Polar Star Lodge, Cleng Peerson Lodge, the Norsk Museum, and the Sloopers Society of America all gathered to celebrate the Norwegian pioneers who settled in the Fox Valley area in Norway, Illinois.





Thanks to Carly and her staff and all of the Polar Star and Cleng Peerson bakers for the outstanding "middag"!



# Gratulerer Med Dagen (Happy Birthday)

## Polar Star!



Karen Oswald October 30



Cole Johnson November 4



### OCTOBER 16-31

- 19. Donna Kristensen
- 19. Emilia Todd
- 30. Karen Oswald

### NOVEMBER 1-15

- 4. Cole Johnson
- 6. Erika Robeck
- 9. Gelaine G. Gallucci
- 14. Michael Ward

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# **POLAR STAR 2024-25 CALENDAR OF EVENTS**

**PROGRAMS 1:30 p.m. (unless listed)**

**Polar Star Høstfest – November 3rd begins at 11:30**



## **POLAR STAR JULETREFEST**

**SUNDAY, DECEMBER 1st**

**Tree trimming at 1:00 p.m.**

**POTLUCK BEGINS AT 1:30**

**January 5<sup>th</sup> 2025 (1st Sunday)**

**Celebrating the Winter Solstice**

**with Viking Music**

**February 2, 2025**

**Polar Star Penny Social and Souper Bowl**

**SAVE THE DATE**  
**OCTOBER 3-5 2025**  
**“CELEBRATING NORWEGIAN IMMIGRATION**



A weekend of Norwegian fun featuring “Slooper” and Fox Valley Settlement pioneer history, traditional Norwegian culture and craft classes, Norwegian games and “Movie Night”, a “Slupper” Fun Walk, a Norwegian Barn Dance with Norwegian folk music and food, and a chance to meet descendants of the first Norwegian American immigrants at their 100<sup>th</sup> Anniversary Slooper Society Annual Meeting.

**PRE-REGISTRATION WILL BE REQUIRED  
FOR MORE INFORMATION AND TO KEEP UPDATED..**

[www.polarstarlodge.com](http://www.polarstarlodge.com)

**Facebook – sons of norway – polar star lodge 5-472 Aurora, il**  
**Contact Person: Barb Johnson- Polar Star Lodge Culture Director**  
**630-632-2329      [barbjjohnsonb@aol.com](mailto:barbjjohnsonb@aol.com)**

sponsored by  
Sons of Norway Polar Star Lodge 5-472  
Sons of Norway Cleng Peerson Lodge 5-425  
Norsk Museum  
Slooper Society of America

**Activity Volunteer Hours Tracking Sheet - Polar Star Lodge 5-472**

**Member Name** \_\_\_\_\_ **Phone** \_\_\_\_\_ **Service Year** \_\_\_\_\_

This data is used for mandatory reporting that maintains Sons of Norway tax-exempt status, and for National Sons of Norway to lobby on behalf of Fraternal benefit societies. Annually, by end of January, submit your completed form to the Polar Star Secretary. Tusen takk.

- **Membership Activities** – Volunteer time spent on preparing, running or supporting projects/programs organized by Sons of Norway at a lodge, district or international level that were devoted to lodge business affairs, recreational/social events, training seminars, cultural classes, officer duties, etc. **Include only volunteer time** spent organizing, planning or working before/at/after the events. Do **not** include lodge meeting attendance time.

Member Activity	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
Lodge Meeting/Food (prepare food for pot luck; set/clean up; kitchen duty)													
Lodge Meeting Programs/Activities (plan/prepare/lead)													
Training/Seminars (plan/prepare/lead)													
Officer Duties													
Manage Newsletter/ Facebook/Website													
Board/Committee Meetings													
District or National Meetings/Training													
Other (describe)													
<b>TOTAL MEMBERSHIP HOURS:</b>													

- **Community Activities** – Record time that you volunteered in the name of / on behalf of Polar Star lodge, another Sons of Norway lodge, or SON district or international level at events focusing on community involvement/interest. **Include only your volunteer time** working at, planning for, or traveling to/from the event. Do **not** include time just attending.

Community Activity	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
Høstfest (prep/food/work)													
Fox Valley Norwegian Choir													
Vasa Park (prep/food/work)													
Norsk Museum (docent/manage/maintain)													
Norsk Museum Fundraisers breakfast/smorgasbord/etc. (prep/food/work)													
Sloopers													
Syttende Mai Parade/Banquet (prep/food/work)													
Norwegian National League (plan/prepare/lead)													
Viking Ship (docent/manage/maintain)													
MSI Christmas Tree													
Barnbirke/Norge Ski													
SOFN Book Club													
Tubfrim													
Schools/Libraries													
Support Other Lodge													
Other (describe)													
<b>TOTAL COMMUNITY HOURS:</b>													

Revised 2024

# **Sons of Norway - Polar Star Lodge**



## **“Taste of Norway” Høstfest – Fall Festival Sunday, November 3, 2024**

**St. Olaf Lutheran Church – 1233 Douglas Ave.**

**Noon - 3:30 p.m.**

**Montgomery, IL**

**Taste Traditional Norwegian Food**

**Shop for Scandinavian gifts**

**Lefse and Krumkake demonstrations**

**Norwegian Craft demonstrations**

**Contact: Polar Star Cultural Director - Barb Johnson  
email [barbjohnsonb@aol.com](mailto:barbjohnsonb@aol.com) or by phone: 630-553-7389**

